

Healthy Eating with Bea the Bee

Learning objective: To describe the importance of a balanced diet for humans.

Use the prompts below to write about healthy food. Look at the word bank to help you. Write in clear, short sentences.

Bea the Bee says that eating the right food helps our bodies stay strong and full of energy.

Word bank: energy · healthy · balanced · nutrients · fruit · vegetables · protein · strong · because · also

1. Why do we need to eat a balanced diet? Start your sentence with: We need a balanced diet because... (2 marks)

2. What are some examples of healthy foods? Start your sentence with: Some healthy foods are... (2 marks)

3. Why is it important to eat fruit and vegetables? Start your sentence with: Fruit and vegetables are good for us because... (2 marks)

4. What happens if we only eat sugary snacks? Start your sentence with: If we only eat sugary snacks, my body... (2 marks)

Extension challenge: Can you list three different types of food that give you protein to help you grow?